

Backcountry Camping Trip Guide

One Night

National Park Service
U. S. Department of the Interior
Shenandoah National Park
Emergency: 1-800-732-0911



White Rocks

Standard - Roundtrip

Level: Beginner or Strenuous Beginner

Total Length: 5 to 8.5 miles

Trip Description: Park history, small cave, and waterfall

Entry: 34 MP - Meadow Spring Area

Exit: 34 MP - Meadow Spring Area

Map(s): PATC #10 Central District

Day One

Campsite: White Rocks Trail - backcountry

2.3 to 2.8 miles

Hike down Hazel Mountain Trail 1.6 miles.

Turn left onto White Rocks Trail and hike about 0.7 mile.

Find a place to camp along White Rocks Trail, near the Cave/Falls junction.

Be sure to take the side trail down to the waterfall (and small cave) for water and to take in the scenery.

Day Two

2.3 to 2.8 miles

Return the way you came to return to your vehicle, or see "options" below.

Notes

There are no high-water stream crossings on the short option, but if you use the option below, crossing Hazel River can be hazardous during the spring and after rain. Be prepared for a steep climb out if you need to turn around and hike back up White Rocks.

Options

6.2 miles; strenuous option for Day Two

Continue on White Rocks Trail another 1.7 miles past Cave/Falls Trail.

Turn right onto Hazel River Trail and hike 1.6 miles.

Turn right onto Hazel Mountain Trail, hiking 2.9 miles to return to your vehicle.